

## STARTERS

Wine Pairing: *Wolffer Estate Brut, Blanc de Blancs 2007*

### \*\*\* Cheese Board \*\*\*

*Award-Winning Regional Farmstead Cheeses*  
*Pheasant Sausage*  
*Assortment of Greenmarket Pickles*

**FARMER:** Cow cheese from Cato Corner in New London County, CT; goat cheese from Lynnhaven Dairy in Ulster, NY and Ardith Mae in Susquehanna County, PA; sheep cheese from Valley Shepard in Hunterdon County, NJ and Dancing Ewe in Washington County, NY; sausage from Quattros Game Farm in Dutchess County, NY; Rick’s Picks for pickles right here from New York County!

**WHERE TO FIND THEM:** Cato Corner, Lynnhaven, and Valley Shepherd are at Union Square Greenmarket on Wednesdays, and Dancing Ewe and Quattros Game Farm on Saturdays. Rick’s Picks are at Union Square Greenmarket on Wednesdays and Saturdays, and Grand Army Plaza on Saturdays.

### \*\*\* Crostinis \*\*\*

*Roasted Mushroom with Goat Cheese*  
*Foraged Spring Greens Purée with Womanchego Cheese*

#### Recipes

##### Roasted Mushroom with Goat Cheese

Slice baguette ¼ inch thick. Brush lightly with olive oil and toast in oven at 350° for 8-10 min.

Get 1 lb. assortment of shitake, maitake, oyster, portabello mushrooms. Brush off dirt. Toss lightly with olive oil, sprinkle with salt and roast at 350° for 10 – 15 minutes until juices are released and mushrooms are soft. Let cool and chop roughly.

Smear fresh goat cheese on crostini and top with mushrooms. Drizzle with aged balsamic and sprinkle with fresh herbs, if preferred.

##### Foraged Spring Greens Purée with Womanchego

Wash assortment of spring greens (spinach, broccoli raab, nettles), and shake off water, leaving some moisture on the leaves.

Heat a wide sauté pan, add olive oil, add greens, cover, and let wilt. After a few minutes, stir, and add more water if needed. Turn to low and let simmer for 10 minutes. Add salt to taste. Strain, to press out excess liquid (reserve some liquid if needed). Hand blend or Cuisinart the greens until they are smooth. Add 2 tbsp. of high quality French mayonnaise and two tbsp. of grated Womanchego and pepper, and blend lightly again.

Smear purée on toasted crostini and top with thin slice of Womanchego.

**SEASON:** Spinach, raab, and nettles are at their best in the cool spring climate and prized by seasonally minded cooks for their sweet and aromatic flavor. Available from mid April – mid-June.

**FARMER:** Bulilch Mushroom in Greene County, NY; goat cheese from Lynnhaven; nettles from Gorzynki’s Ornerly Farm in Sullivan County, NY; spinach from Cherry Lane Farm in Cumberland County, NJ; Womanchego from Cato Corner Farm; baguette from Our Daily Bread in Columbia County, NY.

**WHERE TO FIND THEM:** Bulich, Gorzynski, Cato Corner and D’Attolico are at Union Square Greenmarket on Saturdays. Cato Corner is also at Grand Army Plaza Greenmarket on Saturdays. Our Daily Bread is at Union Square Greenmarket on Wednesdays and Fridays.

## COURSE ONE

Wine Pairing: *Wolffer Estate, The Hamptons, Long Island Rose 2007*

### \*\*\* Green Garlic Broth \*\*\*

#### Recipe

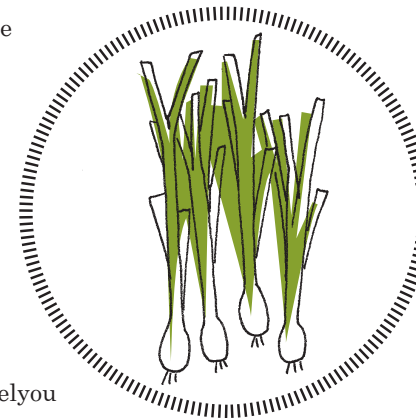
Heat 4 cups of water, lightly salted, add 2 large green garlic roughly chopped. Bring to a boil, let simmer for 15 minutes. Cool, then emulsify with hand blender. Pour in a cup and serve. Garnish with thinly sliced fresh garlic and serve.

**DESCRIPTION:** Green garlic is picked young, before maturation, and looks like an overgrown scallion or green onion. Much milder and more delicate than regular garlic, it can be used raw in salads, blanched with other greens, or added to soup.

**SEASON:** A hallmark of spring, green garlic is only available from May – June, and usually only at farmers markets.

**FARMER:** Muddy River Farm in Orange County, NY (black dirt region).

**WHERE TO FIND THEM:** Muddy River Farm is at Union Square Greenmarket on Fridays and Cortelyou Greenmarket on Sundays.



### \*\*\* Grilled Squid with Pea Shoot Salad \*\*\*

#### Recipe

Select four 4- to 6-inch long cleaned squid. Grill or pan sear in a lightly seasoned hot pan (use grapeseed oil for cooking at higher temperatures) for 3 minutes on each side. Remove from the pan and slice into 1-inch pieces.

Rinse pea shoots and spin dry. Arrange pea shoots on plate, top with sliced squid, drizzle with olive oil and salt to taste. Serve.

**DESCRIPTION:** Pea shoots are the leaves and tendrils of the pea plant. Squid is abundant in this area all year.

**SEASON:** A cool weather crop, pea shoots are harvested in the spring from April – June. Squid all year round.

**FARMER:** Stephanie Villani from Blue Moon Fish in Mattituck, NY for Squid; Windfall Farms in Suffolk County, NJ for pea shoots.

**WHERE TO FIND THEM:** Blue Moon Fish are at Union Square Greenmarket on Wednesdays and Grand Army Plaza and Tribeca Greenmarket on Saturdays. Windfall Farms are at Union Square Greenmarket on Saturdays.



*All featured wineries are members of The New York Wine & Grape Foundation. Wines can be found at The Greene Grape: 55 Liberty Street, NY, NY 10005.*

## COURSE TWO

Wine Pairing: *Wolffer Estate, The Hamptons, Long Island Heart and Hands Pinot Noir 2006*

### \*\*\* Roasted Pork Tenderloin \*\*\*

*with Plum and/or Roasted Tomato Chutney*

#### Recipe

Use 1½ to 2 lbs. of pork tenderloin, pat dry, and season with salt and pepper. Heat skillet medium high, sear tenderloin on all sides and finish in a 350° oven for 5 minutes—or until internal temperature reaches 140° degrees. Let rest, then slice into ½ inch medallions. Serve with side of chutney.

**DESCRIPTION:** Locally raised pork is widely available at Greenmarkets throughout the city.

**SEASON:** All year.

**FARMER:** Pork from Paul Dench-Layton at Violet Hill Farm in Sullivan County, NY; chutney from Beth’s Farm Kitchen in Columbia County, NY.

**WHERE TO FIND HIM:** Violet Hill Farm is at Union Square Greenmarket on Saturdays. Beth’s Farm Kitchen is at Union Square Greenmarket on Fridays and Saturdays.

### \*\*\* Braised Ramps \*\*\*

#### Recipe

Select 2 large bunches of ramps, rinse, dry, and trim. Slice bulbs thinly, and cut tender green leaf into thirds. Heat pan with olive oil and sauté sliced bulb until soft. Add 1 tbsp. of water and the greens. Cover with lid, braise for 10 minutes. Plate and serve.

**DESCRIPTION:** Known as the wild leek, ramps have a short season and a cult following. A member of the pungent Allium family (garlic, onion, chive, leek, scallion), they flourish in rich forest soil and can be blanched, added to soups, stews, risotto, eggs, and just about anything else you can think of. The cold weather concentrates the natural sugars of the plant enhancing its flavor.

**SEASON:** Available only in spring from late March – mid-May, and usually only at farmers markets.

**FARMER:** Mountain Sweet Berry Farm in Sullivan County, NY.

**WHERE TO FIND THEM:** Mountain Sweet Berry Farm is at Union Square Greenmarket on Wednesdays and Saturdays.



( ||||| COURSE TWO CONTINUED ||||| )

\*\*\* Roasted Asparagus \*\*\*

Recipe

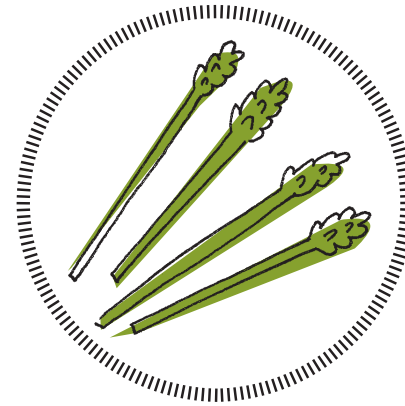
Select two small (or one large) bundle(s) of asparagus. Pre-heat oven to 400°. Rinse asparagus. Trim or snap tough ends. Place on sheet pan, drizzle with olive oil, add salt, and roast for 10 minutes. Remove and serve warm.

**DESCRIPTION:** A member of the lily family, asparagus is a true harbinger of spring and is best just-picked, so farmers markets are where you want to get them!

**SEASON:** Late April – June.

**FARMER:** Cherry Lane Farm in Cumberland County, NJ.

**WHERE TO FIND THEM:** Cherry Lane Farm is at Union Square Greenmarket on Wednesdays and Saturdays.



\*\*\* White Cannellini Beans with Over-Wintered Leeks \*\*\*

Recipe

Select 2 medium-sized leeks, slice thinly, and rinse in several changes of water. Chop roughly and sauté with 2 tbsp. of olive oil in 4-quart pot.

Rinse 2 cups of white cannellini beans, add to pot, and cover with 8 cups of water. Bring to a boil, reduce to simmer, and cook until tender, approximately one hour.

Season with salt, garnish with freshly chopped parsley, and serve.

**DESCRIPTION:** Fresh beans grown regionally are fresher than what you will find in the store and require much shorter cooking times because the bean is less dehydrated. Soaking is not required, but helps guarantee even cooking.

**SEASON:** Sown in the late summer and harvested in the fall, they are available as long as supplies last!

**FARMER:** Maxwell's Farm in Warren County, NJ.

**WHERE TO FIND THEM:** Maxwell's Farm is at Dag Hammarskjold Plaza at the UN on Wednesdays, Grand Army Plaza Greenmarket on Saturdays, and Union Square Greenmarket on Mondays.

||||| DESSERT |||||

Wine: *Finger Lakes Standing Stone Vineyards  
Vidal Ice Finger Lakes 2007*

\*\*\* Stewed Rhubarb with Fresh Cream and Buttermilk Biscuits \*\*\*

Recipes

Stewed Rhubarb

Select 5 to 6 stems of rhubarb. Wash and trim rhubarb into ¼-inch pieces, toss with sugar to coat, and heat in a non-reactive saucepan with 2 tbsp. of water. Simmer until tender, add water if needed. Adjust sweetness to taste.

Beat cream, add powdered sugar, and spoon on top. Serve.

Buttermilk Biscuits

Makes 12

- 2 cups local soft-wheat flour from Wild Hive (spooned and leveled), reserve extra for rolling and cutting
- 1 tbsp. baking powder
- ½ tsp. baking soda
- 1 tbsp. sugar
- 1 tsp. salt
- ½ cup (1 stick) cold, unsalted butter, cut into bits, plus 4 tbsp. of lard from Flying Pigs Farm
- ¾ cup low-fat buttermilk from Tonges Family Dairy

Preheat oven to 450°. In a food processor, pulse together flour, baking powder, baking soda, sugar, and salt. Add cold butter; pulse until mixture is the texture of coarse meal, with a few pea-size pieces of butter remaining. Add buttermilk; pulse just until dough is moistened, 2 to 3 times.

Turn dough onto a lightly floured work surface. Knead just to combine (do not overwork). Roll with a floured rolling pin (or pat with hands) to ¼-inch thickness. Cut out rounds with a floured 2½-inch round biscuit cutter.

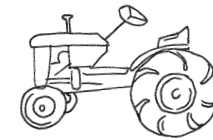
Transfer to a baking sheet, 1½ inches apart. (Reroll and cut scraps only once.) Brush top and sides of rounds with melted butter. Bake until biscuits are puffed and golden, 12 to 15 minutes. Serve warm or at room temperature.

**DESCRIPTION:** Rhubarb, often treated like a fruit, is actually a perennial vegetable. Also a harbinger of spring, it is used most commonly in pies and compotes. Soft white winter wheat was traditionally the local wheat of the northeast. Its low gluten content makes it ideal as a pastry flour. Freshly ground flour has a shorter shelf life, but as with most foods sourced closer to home, is loaded with flavor and character. Wild Hive Farm and Bakery is a micro-mill which mills grains that are grown in Dutchess County New York.

**SEASON:** May - June. Wheat is planted in the fall and harvested in late spring.

**FARMER:** Rhubarb from Samascott Orchard in Kinderhook, NY; heavy cream from Milk Thistle in Columbia County, NY; lard Flying Pigs Farm in Washington County, NY; buttermilk from Tonjes Farm Dairy in Sullivan County, NY.

**WHERE TO FIND THEM:** Samascott Orchard is at Union Square Greenmarket Fridays. Milk Thistle, Tonjes Farm Dairy, and Flying Pigs Farm are at Union Square Greenmarket on Saturdays.



SAVEUR *presents*

GREENMARKET TO TABLE

— SATURDAY, MAY 9, 2009 —

Greenmarket is a 501(c)(3) non-profit Program of the Council on the Environment of New York City. Since 1976, our staff, volunteers and farmers have been working together promoting regional agriculture to preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To make a fully tax-deductible donation please call 212.788.7476 or visit us at [www.cenyc.org](http://www.cenyc.org)

